



## Nurse of the Year

### Congratulations to the PCNA 2018 Nurse of the Year, Judy Newville!

Judy came to nursing after 22 years as an Army wife, traveling the world, raising a family and providing childcare to other families. Judy completed her nursing degree at Tacoma Community College with high honors in 2008.

Judy spent six of her seven years at St. Clare Hospital in the Ortho/Surgical unit as both a staff RN and a Charge RN. She taught AIDET, which focuses on improving interaction with patients and co-workers. She also helped develop a class to improve pain

management, taking on the role of a pain resource nurse.

Nominators called her a go-to-person for pain management: "Judy will brainstorm with others to see what else can be used regarding positioning and adding non-narcotic medications."

Since 2015, Judy has worked on the Good Samaritan Post-Surgical Unit. She has found her love of precepting. She's precepted over 50 nurses in the last 10 years. Judy feels that it's "something that comes naturally to me...I love watching the progression of new nurses." Judy enjoys helping them navigate their way from a nervous new graduate to a confident and safely practicing nurse.

Judy's talent as a preceptor was also noted by her nominators - "She makes herself available for advice and assistance and is patient when instructing newer nurses with clinical skill development...She is also able to provide feedback in a manner that educates and instructs without being harsh or intimidating." Judy's preceptees also agree - she was honored with the Good Samaritan Outstanding Preceptor Award earlier this year.

Judy really enjoys direct patient care. "I truly love bedside nursing." Judy's

talents with patients and families were noted by nominators "Judy's patients respond to her warm, compassionate manner. I have witnessed her calm the most anxious of patients and family members with her calm, compassionate manner."

Outside of nursing, Judy has several passions. She is very musically inclined—playing multiple instruments—enjoys weightlifting and running, and loves preparing healthy meals for her family. As a mother of three and grandmother of three, she is also busy playing with grandchildren and raising her youngest who graduates next year.

Judy is a few classes away from getting her Bachelors in Nursing and plans to return to school at some point, but for now, Judy is right where she wants to be as a bedside nurse and supporting new nurses in finding their way.



*Pictured enjoying the photo booth at the 2018 PCNA Nurses Week Banquet, Annual Meeting & Silent Auction are (L-R) Nicole Murray, Kimberley Russell, Kat Turley, Amanda Mackey and Susan Mackey.*

## CONTINUING EDUCATION

### Assessments, Communication Tools & Resources: Working with Patients with Mental Illnesses

In an ever-changing healthcare environment, nurses are expected to take care of the sickest patients with traditional tools. What happens when that traditional tool or communication strategy is not effective because your patient is struggling with a mental illness? Please join us for a discussion of useful assessments, communication strategies and tools, resources available to patients and nurses as well as a discussion about the state of mental healthcare in the United States, Washington State and Pierce County.

**PRESENTER:** Tiffany Smith-Fromm <sup>MN, RN</sup>

**WHEN:** SATURDAY OCT 20, 2018  
9-11am (doors close at 9:10)

**WHERE:** Franciscan Education and Service Center (FESC)  
2420 S. State Street, Tacoma

**PRICE:** FREE to all RNs & LPNs who live or work in Pierce County\*

**RSVP:** Pre-registration required at [PierceCountyNurses.com](http://PierceCountyNurses.com)

\*NOTE: Open to all RNs & LPNs who live or work in Pierce County. PCNA members are given priority with registration. Other RNs and LPNs who live or work in Pierce County will have seats confirmed on a space available basis beginning September 30th.

## A CENTURY of HOPE

CATHOLIC COMMUNITY SERVICES  
CATHOLIC HOUSING SERVICES

### Nativity House Stability Site

Please bring donations for Nativity House Stability Site. Items needed: toothbrushes, toothpaste, shampoo, conditioner, lotion, bath towels and empty pill bottles.

### Free Online Suicide Intervention Training

Kaiser Permanente provides a free six-hour online course that fulfills the state requirements for suicide prevention training for nurses.

Find out more at:

[Provider.ghc.org/open/ContinuingMedicalEducation/suicide-prevention-cme.pdf](http://Provider.ghc.org/open/ContinuingMedicalEducation/suicide-prevention-cme.pdf)



Elizabeth Wolkin



Jessica Williams



Kecia Howard



Alexandra Huntsman



Jason Pead



Sarah Stacy



Isabelle Snyder



Judy Soeum

# 2018 PCNA SCHOLARSHIP RECIPIENTS

## Florence Golda Scholarship

**Elizabeth Wolkin** has a long history of volunteering with vulnerable populations. She works in the Emergency Department at St. Clare Hospital where she is a strong advocate for patients who are underserved in the community.

Elizabeth is spearheading the **St. Clare Opioid Use Disorder committee** with a hospital-wide Overdose Education and Naloxone Distribution program (see update on p.3). She's become a leader on the topic of harm reduction by providing education through the **PCNA Spring Education Event** and an article for *The WA Nurse*.

Elizabeth is currently enrolled in the Masters of Nursing in Healthcare Leadership Program at Western Governors University. She plans to continue developing programs and advocating for underserved patients; her long-term goal is to pursue a doctorate as a Psychiatric Nurse Practitioner.

The Florence Golda Scholarship, named after a PCNA board member who passed away in the 1970s, is awarded to a PCNA member who is continuing their education.

## LPN to RN Scholarship

This year, PCNA added a new scholarship level after identifying a need for scholarships specifically for LPN to RN students. We are delighted to have **Jessica Williams** as our first recipient of the PCNA LPN to RN Scholarship.

Jessica came to nursing after a wonderful experience with a nurse after the birth of her second son. The nurse's compassion and non-judgemental care inspired her to pursue a career in nursing.

Jessica has been an LPN for 14 years. She's made it her mission to ensure that "people who are ignored or treated poorly in society feel seen and heard." She has completed her third quarter at TCC's LPN to RN program and begins a BSN program at University of Washington Tacoma campus in September.

Jessica has been involved with the Student Nurse Organization and volunteers as a tutor at her local elementary school,

a youth homeless shelter and recently in the Dominican Republic where she helped make and deliver water filters and pour concrete floors to reduce water borne illness in remote villages.

Jessica's long-term goal is to obtain her Doctorate of Nursing Practice and provide care in community clinics!

## College Scholarships

**Kecia Howard** is a two-time PCNA Scholarship recipient, having been awarded a high school level scholarship. Kecia wrote "A world without nurses would be a world...without the unexpected angels what bring health to those in desperate need." It is this reverence and respect for nurses that has brought Kecia to pursue a career in nursing.

As she starts her second year at Gonzaga, Kecia volunteers with the nursing club, Youth Ministry and Gonzaga Setons Club. Past mission trips have made a huge impact on her, and she plans on returning to Tijuana, Mexico to help build homes. Kecia is also passionate about providing education for health and hygiene care to vulnerable populations. In addition to her nursing degree, Kecia is also working on a minor in Social Justice and Solidarity.

**Alexandra Huntsman** is a three-time PCNA Scholarship Awardee! We continue to be impressed by this hardworking, compassionate, dedicated student whose spark for nursing came from a hospitalization while in high school.

While a student at Northwest University's Buntain School of Nursing, she continues to excel as a soccer player, works part-time and volunteers in a variety of activities.

After obtaining her BSN, Alexandra hopes to work at a local hospital in pediatrics and to participate in medical mission trips. Her long-term goal is to become an ARNP.

**Jason Pead** always had a strong interest in the medical field. As the 11th of 12 children, he was always interested in serving others and learning how to provide compassionate care. But it was after the birth of his daughter that he

decided to pursue that earlier interest by becoming a nurse.

Jason is currently a student at Tacoma Community College, and is an active member of TCC's Student Nurse Organization. He is the recipient of the Anita Bell Scholarship and plans to go on a nursing mission trip to Belize this Fall with TCC staff and alumni.

Jason works as a CNA in a convalescence center in Lacey. Jason's communication skills with patients as well as fellow staff were praised in a recommendation letter. "The residents enjoy Jason's caregiving style. He uses humor and a bit of an entertaining flair of song and brief dance steps to bring levity to residents lives and they love it! He's quick with a smile and a caring word is spoken when the residents need it." Jason's long-term goal is to become a Nurse Practitioner.

**Sarah Stacy** has a dual Bachelors in Biology and Public Health, and is enrolled in the Master of Science in Nursing Program at Pacific Lutheran University. Sarah previously worked with the Washington Association of Community and Migrant Health Centers to develop a process for risk management, which led her to pursue her Master's.

Sarah is currently Clinic Director at Trinity Neighborhood Clinic, a free weekly health clinic that operates out of Trinity Presbyterian Church. She also serves on the Pierce County Project Access committee to better coordinate care for patients seen at the free clinic, and continues to volunteer as a workgroup member for Healthier Washington Initiative.

## High School Scholarships

**Isabelle Snyder** graduated from Eatonville High School with a 4.0 GPA and is an accomplished track and field athlete, a team captain and a compassionate leader. She volunteers at Good Samaritan Hospital and has been studying Medical Careers at the Pierce County Skills Center.

Isabelle is enrolled in Whitworth college where she plans to complete her

nursing prerequisites before applying to the WSU Nursing program. She is also pursuing employment as a CNA.

Isabelle's passion for nursing stems from her early experiences with healthcare. At the age of 3 she was diagnosed with Acute Lymphoblastic Leukemia and received chemotherapy treatments for 2 ½ years. As a cancer survivor, she has been active in fundraiser for cancer research. Isabelle's long-term goal is to become a Pediatric Hematology/Oncology Nurse.

**Judy Soem** has a reputation as a critical thinker who takes time to understand a situation and provides insight and a different point of view. Judy demonstrated her support of others as President of the Mary Todd Lincoln Writing Centre (a tutoring program at Lincoln H.S.), as a helper for younger family members and grandparents, and as a volunteer at Tacoma General.

A second generation American, Judy has strong ties to Tacoma where she was born and raised. She plans to obtain her BSN from Pacific Lutheran University and one day a Doctorate in Nursing Practice to help eliminate language barriers and improve healthcare in the Khmer community.

**2019 PCNA Scholarship form is available online at: [piercecounrynurses.com](http://piercecounrynurses.com)**

# Thank You!

to all our donors! With your help over the last year, we raised more than \$5,900 for scholarships to nursing students who live or attend school in Pierce County.

## In-Kind donations:

- Amanda Mackey
- Andrea Sehmel
- Bartell Drugs
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## Monetary Donations:

- Madrona Ladies Golf Club (\$100+)
- Cynthia Wu (\$200+)
- TRA Medical Imaging (\$500+)

## Ways to Get Involved Fundraising:

- **Help Procure Donations** from members and local businesses for our fundraising events. Gift cards, handcrafted art, certificates for services are all wonderful raffle and silent auction items. We'll provide letters, donation receipts and thank you notes.
- **SAVE THE DATE for the 6th Annual PCNA Bowling Tournament and Gift Basket Raffle! FEBRUARY 23, 2019.**

## Volunteering:

- **At a career fair:** we'll be attending several career fairs at local high schools this Fall. Send us an email to be added to our list.
- **Join the volunteer committee:** this committee connects PCNA members and retired nurses with opportunities to serve in the community.
- **Join the education committee** or send us an idea for a education topic or speaker!
- **Serve on the Board of Directors:** take on a leadership role and help set the direction of your Association!
- To sign up or ask questions, email us at [office@piercecounrynurses.com](mailto:office@piercecounrynurses.com).



# St. Clare Opioid Crisis Response Update

Elizabeth Wolkin<sup>BSN, RN, CEN</sup> | Julie Ley<sup>BSN, RN, CCRN-K</sup> | Andrea Williams<sup>BSN, RN, PCCN</sup>

**In the summer of 2017, a small group of** dedicated individuals came together to explore how we at St. Clare hospital could contribute to the health and safety of our community by

addressing the opioid crisis. We decided to support a main pillar of national and state opioid response plans: *the increased availability of naloxone (an opioid reversal agent) in the community and the education needed to use it effectively.*

We developed a protocol to screen at-risk patients, including those who present with overdose, people who inject drugs, patients on high levels of opioid therapy, and patients with recent changes to their opioid use. We especially prioritize those with concurrent diagnoses such as COPD,

renal failure, hepatic disease, cardiac disease, or HIV/AIDS.

Nursing staff was taught how to recognize patients who are at risk for overdose, overdose prevention strategies, and bystander opioid overdose response. On August 1<sup>st</sup>, St. Clare went live with our naloxone distribution program in all four inpatient units and the ER. All patients who screen-in will receive one-on-one standardized education upon discharge, and a naloxone kit or prescription.

This program hopes to **reduce mortality** associated with opioid overdose and **foster a cultural shift** in how patients with opioid use disorders are treated. Many feel stigmatized by the system, and delay needed care because they fear judgement. Others self-discharge against medical advice because their transition to inpatient status is poorly supported, causing unnecessary pain and withdrawal

symptoms.

Nurses have the power to change patients' experiences by treating them with kindness and respect and by advocating for best practices and evidence based care. Overdose education and naloxone distribution is a powerful and exciting first step toward compassionate and inclusive care.

We hope our model might serve as a roadmap for other hospitals in Pierce County and beyond. Should any nurses be inspired to be those program leaders, please reach out to us here at St. Clare!

Feel free to contact any of us for more information:

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## PCNA Board 18 | 19

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## President's Message



**If** you need to remember why you became a nurse, just talk to a nursing student. One of my first duties as new president of PCNA was to attend a job fair at Bates College in July. The enthusiasm of the students was infectious as they talked about career plans. Most were looking forward to starting an RN program as soon as possible, and their chatter made me reflect on my own journey—including this present task as President of PCNA.

**Our organization exists to promote the nursing profession in Pierce County.** Sometimes in the day-to-day juggling of career and home, life, I think we forget just how amazing nurses are! We forget how many patients' lives we have touched. How we've influenced national policy for better practices and health care laws.

Ingrained in the nursing profession is caring and giving back. When we give to the community it renews us and our enthusiasm for nursing.

**This year please add PCNA to your list of things to do:** Like us on facebook. Visit [PierceCountyNurses.com](http://PierceCountyNurses.com) where you'll find ways to help, continuing education, and opportunities to network with peers and mentors.

Let's promote **YOU** this year and support the nursing profession throughout Pierce County!

*Tami Green*  
PCNA President



A special THANK YOU to Mike Krashin for his years of service as a PCNA board member including two separate tenures as President!



We also want to thank Janet Anderson-Benjamin and Carolyn MacLeod for volunteering to help with the PCNA Annual Financial Review!



223 Tacoma Avenue South • Tacoma, WA 98402



## Simple Ways to Support PCNA...



### Fred Meyer Rewards

Raise funds for PCNA Nursing Scholarships and still get all your Rewards and Fuel points!

Just log into

[FredMeyer.com/CommunityRewards](http://FredMeyer.com/CommunityRewards)

and link your rewards card to our PCNA nonprofit number: **HF098**



### AmazonSmile

When first visiting AmazonSmile, select **Pierce County Nurses Association** as your charitable organization. The AmazonSmile Foundation will donate 0.5% of eligible purchases made through AmazonSmile to PCNA for nursing scholarships!

## Continuing Ed Reimbursement Change

**T**his fiscal year (July 2018 to June 2019) PCNA will not be providing CE reimbursements to members. The Board is exploring other possibilities to ensure PCNA members have resources for ongoing education. Members returning to school can apply for the Florence Golda Scholarship. Please email us your feedback or questions.